

# **HAND-HELD DRINKING CONTAINER**

## **ABSTRACT**

A hand-held drinking container for consuming liquids, particularly while a user is engaged in physical activity, such as running, walking or in-line skating.

5 One liquid reservoir (1) forms both the main body (27) and the handle (6) of the container. The user turns a trigger (3) on the outside of the handle (6) so as to enable an internal triggering mechanism (10) to lower a sealer (11) to permit liquid to exit the container via the funnel spout (2) on top of the container.

Cushion supports (4) located on the main body (27) press against a back side of  
10 the user's hand to allow the user to focus his or her attention on the activity rather than on constantly gripping the container. One or more optional weights (7) can be secured to the bottom of the container by using straps (8) to enhance a workout. An optional flashlight (28) may be secured as well to provide safety for those who prefer exercising when dark.